

**PETER SHAPIRO SENSEI** (PETER LIVED 20 YEAR IN JAPAN WHERE HE STUDIED AIKIDO WITH O-SENSEI AND HIKITSUCHI-SENSEI)



„AIKIDO AS A WAY -  
MAKING OUR PRACTICE ACCORD WITH O-SENSEI'S VISION“

**31. OCT. / 1. NOV. 2009**



Photograph by Simon Schneider

EXPRESSING O-SENSEI'S TEACHINGS  
IN OUR ACTUAL MOVEMENTS

AIKIDO AS A WAY OF ONENESS

THE HIDDEN MEANINGS OF AIKIDO  
TECHNIQUES

AIKIDO'S MESSAGE FOR THIS TIME

THE WAVE

MUSUBU

MASAKATSU-AGATSU-KATSU-HAYABI

YIN & YANG

STANDING ON THE BRIDGE BETWEEN  
HEAVEN AND EARTH

KOTOTAMA

**SCHEDULE**

Saturday 11:30 - 18:00  
Sunday 11:30 - 17:00

**COST**

CHF 120.-

**FOOD & BEVERAGE**

If you can, bring some food/drinks  
for the group

**ACCOMODATION**

It is possible to sleep in the  
Dojo, bring a sleepingbag

**REGISTRATION**

Registrations in advance are  
appreciated as places are limited

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**NOTE**

The seminar is held in English  
and French; with translation into  
German